The Heidelberg Catechism

9. Does not God, then, do injustice to man by requiring of him in His Law that which he cannot perform?

No, for God so made man that he could perform it;¹ but man, through the instigation of the devil,² by willful disobedience³ deprived himself and all his descendants of this power.⁴

¹ Gen 1:31; Eph 4:24; ² Gen 3:13; Jn 8:44; 1 Tim 2:13-14; ³ Gen 3:6; ⁴ Rom 5:12, 18-19